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Your essential daily news | MONDAY, JANUARY 4, 2016

'ALCOHOL-FREE'
Liberal MP enters rehab
metroNEWS

High -4°C/Low -14°C Mix of sun and cloud

JEREMY SIMES/METRO

THROW HIM A BONE

Local taxidermist uses ethically sourced animal cartilage to create jewelry, accessories

metroNEWS

Access to naloxone restricted

HEALTH

Parents unable to obtain kits for fentanyl-addicted kids

Jeremy Simes
For Metro | Calgary

A Calgary mom is outraged she can't get naloxone for her fentanyl-addicted son.

Parents aren't allowed to be prescribed naloxone kits for their addicted kids, Metro learned Sunday.

Naloxone is an antidote that can reverse fentanyl overdoses.

"At this time, third party prescribing (i.e. to a family member who is not at risk of opioid overdose) is not permitted for medico-legal reasons," said Dr. Nick Etches, medical officer of health with Alberta Health Services, in an email.

Karla, who does not wish to have her last name published, has been dealing with her son Sam's fentanyl addiction for months.

She said Sam has been in and out of detox centres many times.

She said she's inquired about getting a kit for Sam, but was told only addicts can get them.

For addicts — especially teens in the suburbs — venturing to one of the city's distribution sites isn't necessarily their top priority, she said.

"There is a lot relying on parents," she said. "In a life or death situation (at home), parents would need access to (the kit)."

The kits, though, are like fire extinguishers, she said, because the solution lies in a more comprehensive detox strategy, where long-term public treatment centres can be created.

> **At this time, third party prescribing (i.e. to a family member who is not at risk of opioid overdose) is not permitted for medico-legal reasons.** Dr. Nick Etches

metro NEWS

Your essential daily news

Judge rules Bill Cosby's wife, Camille, must testify in civil case against him.

BRT plan has opponents

TRANSIT

Southwest line ill-conceived, says grassroots citizen group

Brodie Thomas
Metro | Calgary

A group of citizens is voicing concerns about a bus rapid transit (BRT) line planned for southwest Calgary.

Alan Hallman is one of the group's organizers and, while he said he is all for having more people use public transit, he thinks the southwest plan is ill-conceived.

"They're trying to solve a problem that exists only two hours per day," said Hallman, a resident of Eagle Ridge.

The proposed BRT was first approved by council in 2010, and is slated to start construction this spring.

The plan would see two bus-only lanes added to a section of 14 Street SW between Rockyview Hospital and Southland Drive SW.

While the plan promises faster, more reliable bus service from the southwest to the downtown core, Hallman and other members of the group, known as Ready to Engage, think it will create more problems than it solves.

Hallman wonders if the Southwest Ring Road might alleviate some of the existing traffic problems on 14 Street SW.

He also wonders if there is enough demand for transit in the car-centric neighbourhoods the line will serve.

Alan Hallman has been knocking on doors in communities around the new Southwest Transitway. BRODIE THOMAS/METRO

> **"Yes, it is feasible, and yes, there is a ridership there.**
> Coun. Brian Pincott

He has been taking part in a door-knocking campaign and said the vast majority of people he spoke with were unaware of the planned project.

Coun. Brian Pincott said he said he has been talking with community members about the project for five years and he included it in his 2013 election campaign literature.

Pincott said the project underwent a feasibility study after it was first proposed in 2010.

"Part of the feasibility to study was to establish if it was feasible and if there was ridership there. And the answer is, 'Yes, it is feasible, and yes, there is a ridership there,'" he said.

"There is a demand for this, which is why it's at the top of the priority list. "

Pincott said the $40 million price tag on the project is half the cost of one interchange, and will serve tens of thousands of Calgarians when it is complete.

"This is something that has been top of my list for many, many years. I'm thrilled that all of the pieces have lines up," said Pincott.

REUSE

Your Christmas tree can help recuperating wildlife

The trees give animals that are in outside enclosures — but not yet ready to return to the wild — a place to hide and rest.
PHOTO COURTESY HOLLY DUVAL

Aaron Chatha
Metro | Calgary

Recovering animals at the Alberta Institute of Wildlife Conservation are about to get a little taste of home as they recuperate — the institute is accepting Christmas tree donations to help the animals get a taste of their natural habitat.

Holly Duval, executive director, said real or fake trees are used to help animal de-stress — stress is one of the biggest killers of wildlife in captivity.

"They just really provide a good spot for the animals to hide if they need to, just hunker down and rest without the stress of constantly being disturbed as we're walking by the cages," said Duval.

This year, the institute help more than 1,700 animals from southern Alberta.

This time of year, it's mainly birds, but they also help mammals like deer.

Duval said 95 per cent of their cases are the result of human conflict.

"We really do think it's important to provide these animals with a second chance, because typically humans are the reason they have to be admitted to us."

Real trees typically last until about May, while fake trees can be used all year round. The institute, located north of Calgary, is accepting trees until Jan. 10.

BUSINESS

$1,100 — for one Uber ride

An Edmonton man hit with a $1,100 bill from Uber on New Year's Eve will get a partial refund, but he is arguing his experience shows the company needs to be regulated.

Matthew Lindsay used the company's rideshare app to catch a ride from southwest Edmonton to St. Albert, with several stops along the way, and was shocked to get a charge of $1,114.71.

His ride came at the peak of New Year's celebrations when the company was charging a "surge rate" of 8.9 times more than usual.

Lindsay admits he is partially at fault, but said the company shouldn't be charging such exorbitant rates.

Company spokesman Jean Christophe de la Rue said in an email that surge pricing is how the company ensures drivers are out on the road when they're most needed and passengers are fully warned.

RYAN TUMILTY/METRO EDMONTON

TRAVEL

Westjet sets new record

Canadians were rushing to get home before the start of work Monday, and that was reflected in WestJet's report of a new single-day company record in airline passengers on Sunday.

Media relations adviser Lauren Stewart said 74,247 people flew on the company's planes Sunday — breaking the previous record of 72,240, which was set on July 31, 2014, the civic holiday long weekend.

"Generally, we expect the busiest day of the year to be the Friday before Christmas," said Stewart. "However, this year, because Christmas was on a Friday, things got a little bit mixed up, with guests spread across the week before. But now, everybody's coming home today."

Stewart said many Canadians were likely trying to get back home, in time for the first workday of the new year..

AARON CHATHA/METRO

Foam dart tournament — fun for a good cause

FUNDRAISER

Proceeds will go to Alberta Animal Rescue Crew Society

Brodie Thomas
Metro | Calgary

If you (or your kids) had a Nerf gun under the tree this Christmas, this might be your chance to put it to good use.

A Calgarian is planning an indoor foam dart tournament for Jan. 23 as a fundraiser for Alberta Animal Rescue Crew Society.

Charlie Beaulieu pitched the idea to the online community through social media, and found he got a great response.

"I've done some running around, got some facilities priced. Now it's just getting the people lined up."

He said he has 100 signed up so far, but he needs 50 more to make the event feasible.

Beaulieu has a venue ready to go — The Calgary Fire Department's training centre. He said it's a large indoor space that will be good no matter the weather outside.

"It's basically a big giant open concrete building. They can have fires in there. It has a makeshift apartment in there for fire training purposes."

He's even hoping to make use of a fake apartment building within the centre, although he's not sure if players will be able to access that area.

Beaulieu admits he didn't play with foam dart guns much as a kid, but as with just about anything, its easy to find enthusiasts online. Through his research he discovered there are many online communities of Nerf gun "professionals."

There's no shortage of games that participants could play, and organizers are looking at a few options.

"Its not meant to be super competitive. It's more family-friendly, all ages."

Charlie Beaulieu is organizing a foam dart tournament to raise cash for Alberta Animal Rescue Crew Society. BRODIE THOMAS/METRO

> **It's a really unique fundraiser ... We're excited and honoured that they chose us as one of the recipients.**
> Lindsay Black

Lindsay Black, communication and events manager for AARCS, said they hope to have a booth on site at the event if it goes ahead.

"It's a really unique fundraiser. We've never had anyone do a foam dart tournament before," she said. "We're excited and honoured that they chose us as one of the recipients."

While cash proceeds will go to AARCS, Beaulieu also plans to have collection boxes on site for the Calgary Food Bank.

Participants can sign up at foamdartcalgary.ca. Beaulieu said they do not have to pay in advance.

PERFORMING ARTS

Theatre to showcase unusual city tales

Jeremy Simes
For Metro | Calgary

It's never been about money for this artistic duo.

Both Conrad Belau and Sienna Holden have launched Theatre of Consequence, a theatre production company that aims to showcase untypical "Calgary tales," according to Belau.

"I think what I've seen is a lot of the award winners, the names people recognize," he said. "There's a lot of niche companies, and I guess what we're trying to do is do everything and not be a niche."

Theatre of Consequence's first show, The Monument by Colleen Wagner — deemed violent and graphic — tells the story of a woman who stops a man's execution during war. Afterwards, he must obey her every command. Belau said he hopes the show broadens people's perceptions, even if they feel slightly uncomfortable.

The duo met in Rosebud — a small town northeast of Calgary — studying at the town's performing arts college.

Though they began discussing the idea about a year ago, Belau said he was ready to dive in to the challenge. "I've always been an actor first — it's where I feel most comfortable." he said. "But we're ready for this."

The duo have funded the space for both of its productions, which will premiere at the Motel Theatre in Arts Commons in February and August.

But, they need a bit more cash to pay actors decently and other production costs, so they launched a fundraiser at indiegogo.com/projects/theatre-of-consequence#.

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DO YOU HAVE A NEW YEAR'S RESOLUTION FOR 2016?

"Quit drinking and be successful in life — hopefully get a new house soon."

Manpreet Sidhu

"To save money — I want to buy a condo by January 2017."

Jasmeen Grewal

"I don't have one. If you follow one it is good, but it's just not for me."

Ryan Baculpo

Taxidermist finds solace in odd work

CRAFTSMANSHIP

Artisan says all his jewelry is ethically sourced

Jeremy Simes
For Metro | Calgary

Dustin Stefanowich is used to finding dead animals — in garbage bags — in his backyard.

But why? Stefanowich is a local taxidermist, of course.

And he's made too many connections to count, so when someone he knows spots roadkill, they know what to do: chuck it into his backyard or deliver it personally.

"One day someone sent me this dead magpie," he said, adding his latest find was a dead coyote found along the highway.

He said not every animal he uses in his work comes from roadkill, but every animal is ethically sourced. He then uses the bones — combined with gemstones and other accessories — to create jewelry.

His latest creations were recently installed at Motion Gallery in Eau Claire, though he's undertaken a more personal project: a pouch for a mom who lost her son, Gabe, to fentanyl. The family lives in Ontario.

"He ended up overdosing on fentanyl, and his mom was just crushed," he said.

The pouch is made out of the shell of a turtle, Gabe's favourite animal, he said, adding the pouch will enclose his ashes, like an urn.

"It was an honour, honestly," Stefanowich said.

Stefanowich said he receives some flak for his work — some are entirely grossed out by the idea.

"I keep it pretty traditional. It's out of respect for the animal," he said. "I don't just want to slap together a piece — I want to give it the respect it deserves."

Dustin Stefanowich made a turtle pouch for a mom who lost her son to fentanyl. JEREMY SIMES FOR METRO

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THE FORGOTTEN REFUGEES

While news stories of Syrian refugees touching down in Calgary flooded the media at the end of 2015, they weren't the only refugees escaping a horrific situation in their home countries.

Aaron Chatha
Metro | Calgary

Canada has made a pledge to open its doors to 20,000 Syrian refugees, but there are still millions of others facing similar plights.

At least 550 non-Syrian refugees came to Calgary in 2015, mainly from of Iraq, Burma and Nigeria, according Fariborz Birjandian, vice chair of the Calgary Catholic Immigration Society.

"Media creates focus, gets people talking about something, but the Iraqis are in the same situation," explained Birjandian.

> **Media creates focus, gets people talking.**
> Fariborz Birjandiann

"There have been Iraq refugees sitting back in Turkey and Jordan for many, many years now. It's the same situation; a lot of them are suffering as well."

Of those 550 refugees, 250 were privately sponsored through CCIS, and 300 were government sponsored.

Birjandian said attention paid to Syrian refugees was great for CCIS — as they may help people apply what they learned about Syrians to other groups in need.

A refugee himself, Birjandian said Calgary has a history being very welcoming to refugees, regardless of what situation they are escaping.

The United Nations refugee agency (UNHCR) estimates that two million people were displaced in Iraq by December as a result of armed conflict. War has brought disease and displaced doctors. Many have been declared stateless. THE CANADIAN PRESS

Nearly 1.5 million people in Myanmar have been displaced, according to UNHCR. Clashes between the army and non-state groups in Kachin and the northern Shan States in 2014 have left many in need of humanitarian assistance, living in camp-like conditions. THE CANADIAN PRESS

More than two million people have been displaced in Nigeria as a result of Boko Haram's six-year insurgency, according to the International Organization for Migration. Many forced to flee their homes do not get government assistance. THE CANADIAN PRESS

FAMILY

Aunt, mom seek reunion with adopted child

In 1978, at the age of 16, Ida Bajnoczi was forced give to give up her newborn baby daughter for adoption.

"She really had no choice," said her sister, Shelley Musselman. "My family was poor and we were not capable (to care for) another mouth to feed, and I'm sure that the fact Ida was only 16 came into play with my family."

In June, 2015, Bajnoczi, suffered a seizure. Doctors found a tumour in her brain, and she was diagnosed with stage 4 cancer.

Bajnoczi had always thought about meeting the daughter she gave up, and this incident convinced her to try and track her down.

Musselman, who wanted to help her sister, had no idea where to start — so she wrote down some information on a poster board and posted it to Facebook.

She said she's connected to a few wonderful people who have helped her to take further steps to get more information.

Musselman said her sister's diagnosis is looking better after chemo and radiation therapy, but does need the help of her other daughter 24-hours-a-day.

"Ida is excited, but yet, I think, at peace if it never happens — which is part of dealing with cancer," said Musselman.

> **Ida is excited, but yet, I think, at peace if it never happens – which part of dealing with cancer.**
> Shelley Musselman

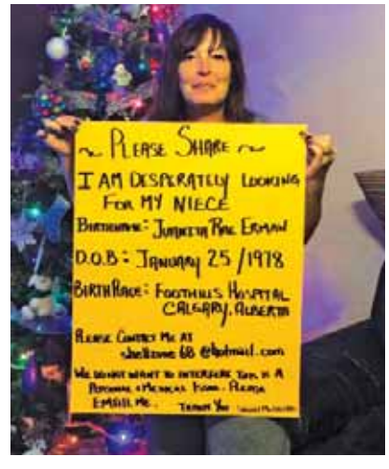
Her daughter was born with the name Juanita Rae Erman, on Jan. 25, 1978 at the Foothills Hospital in Calgary.

If Bajnoczi connects with her, she hopes to explain why she was given for adoption.

"I know Ida is not trying to interfere with her daughter's life, but maybe, if possible, be a part of it while she still can."

Anyone with information is asked to email shellzone68@hotmail.com.

AARON CHATHA / METROS



Shelley Musselman's photo, posted to help find her niece, has been shared more than 12,000 times on Facebook. COURTESY SHELLEY MUSSELMANS

Concern over vital roads

INFRASTRUCTURE

First Nations leaders zero in on impact of climate change

Wonky weather conditions are prompting aboriginal leaders to raise concerns about the impact of climate change on winter roads, which serve as lifelines for food, fuel and other necessities in several northern communities.

Isadore Day, the Ontario regional chief for the Assembly of First Nations, said the reliability of the northern winter road network is in jeopardy in his province.

"The winter roads have essentially become a way of life for the communities and now they can't rely on those winter roads," Day said, noting the network is used to offset the cost to bring essential goods to fly-in reserves by air.

The problem exemplifies why there was outcry from First Nations during the recent COP21 climate change summit in Paris, Day said. He said if people want access into the north, the only viable way now is to have a proper road network.

Ontario Regional Chief Isadore Day is calling for a proper road network into the north. THE CANADIAN PRESS FILE

NDP indigenous affairs critic Charlie Angus, who represents a northern Ontario riding that includes a number of First Nations communities, said money needs to be invested in sustainable infrastructure.

There has been a long-standing push for permanent roads but climate change has made the issue much more pressing, he noted. "This is the front line and this is where the action needs to be taking place now."

There is "every evidence" Canada's Aboriginal Peoples are indeed on the front lines of climate change, Indigenous Affairs Minister Carolyn Bennett said in an interview with The Canadian Press.

"I think it is very worrying and I think that as we look not only to Ontario but to Manitoba, the proposals for the eastern road there, it is something that we are looking at and knowing that we've got to build the kind of resilient infrastructure that will deal with the changing climate."

The federal Liberal government is open to examining the impacts of the issue to allow for a long-term strategy to be developed, Bennett added. THE CANADIAN PRESS

> **There will be no road if we don't have an opportunity to speak for ourselves on the issue of climate change.**
>
> Isadore Day, the Ontario regional chief for the Assembly of First Nations

POLITICS

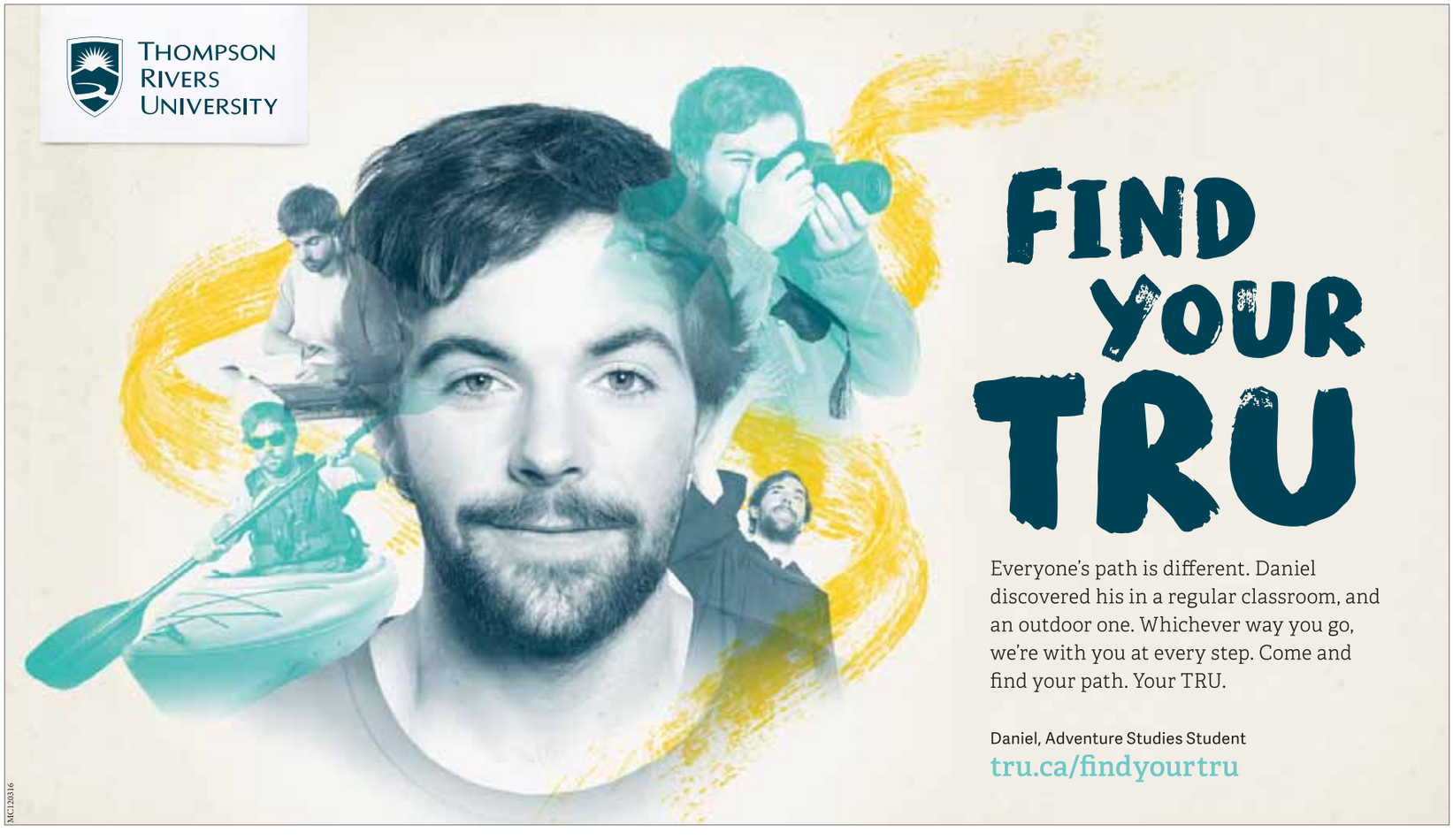
Liberal MP enters wellness program

Seamus O'Regan THE CANADIAN PRESS FILE

Newly elected Liberal MP and former broadcast journalist Seamus O'Regan says he has entered a wellness program to adopt "an alcohol-free lifestyle."

O'Regan, who hosted CTV's Canada AM for nearly a decade, announced from his Twitter account on Sunday that he had checked into the program over the holiday break.

"I've decided after consultation with family that I can be most effective as a Member of Parliament by adopting an alcohol free lifestyle," O'Regan tweeted. He added he will return to his duties as a MP for St. John's South-Mount Pearl before Parliament resumes later this month. THE CANADIAN PRESS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Armed protesters call out for militias to join them

Clampdowns on migration, terrorism have set back the EU project. THE ASSOCIATED PRESS

EUROPE

Idea of no borders crumbles

Since it opened in 2000, the Oresund bridge between Sweden and Denmark has been a towering symbol of European integration and hassle-free travel across borders.

On Monday, new travel restrictions imposed by Sweden to stem a record flow of migrants are transforming the bridge into a striking example of how national boundaries are re-emerging. A year of clampdowns on migration and terrorism has all but killed the idea of a borderless Europe where you could drive or train-hop from Spain to Norway without showing your passport.

"We're turning back the clock," said Andreas Onnerfors, an associate professor in intellectual history. "We're going back to a time when the bridge didn't exist," he said, referring to new ID checkpoints.

The move is meant to stop undocumented migrants from reaching Sweden, which reversed its open-door policy after receiving more than 160,000 asylum-seekers last year, mainly from Syria, Iraq and Afghanistan.

It follows the reintroduction of border checks in Germany, Austria, France, Belgium and other countries in what's supposed to be a passport-free travel zone spanning 26 nations.

THE ASSOCIATED PRESS

OREGON

Standoff is over local control of public land

The remote high desert of eastern Oregon became the latest flashpoint for anti-government sentiment as armed protesters occupied a national wildlife refuge to object to a prison sentence for local ranchers for burning federal land.

Ammon Bundy — the son of Nevada rancher Cliven Bundy, who was involved in a 2014 standoff with the government over grazing rights — was among the people at the headquarters of the Malheur National Wildlife Refuge. It was unclear how many people were taking part in the protests.

Ammon Bundy posted a video on his Facebook page asking for militia members to come help him. He said "this is not a time to stand down. It's a time to stand up and come to Harney County," where Burns is located.

Bundy and other militia members came to Burns last month, a small town 450 kilometres southeast of Portland, Ore. They were upset over the looming prison sentences for local ranchers Dwight and Steven Hammond. They went to the wildlife refuge Saturday following a rally to support the ranchers.

> **If we do not ... take a hard stand, we'll be in a position where we'll be no longer able to do so.**
> Ammon Bundy

Dwight Hammond, 73, and Steven Hammond, 46, said they lit the fires on federal land in 2001 and 2006 to reduce the growth of invasive plants and protect their property from wildfires. The two were convicted of the arsons three years ago and served time — the father three months, the son one year. But a federal judge ruled in October that their terms were too short under U.S. minimum-sentencing law and ordered them back to prison for about four years each.

The decision generated controversy and is part of a decades-long dispute between some Westerners and the federal government over the use of public lands. Critics of the push for more local control have said the federal government should administer the public lands for the widest possible uses, including environmental and recreation.

In an interview posted on Facebook, Bundy said he and others are occupying a building at the refuge because "the people have been abused long enough." He said the group planned to stay indefinitely.

Dwight Hammond has said he and his son plan to report to prison Monday as ordered.

Harney County Sheriff Dave Ward said the armed protesters came under false pretenses. "These men came to Harney County claiming to be part of militia groups supporting local ranchers, when in reality these men had alternative motives to attempt to overthrow the county and federal government in hopes to spark a movement across the United States," he said in a statement. THE ASSOCIATED PRESS

Protesters march Saturday in support of an Oregon ranching family facing jail for arson. Family members were convicted three years ago and served time. But a judge ruled their terms were too short under federal law and ordered them back to prison for about four years each. LES ZAITZ/THE OREGONIAN/THE ASSOCIATED PRESS

U.S. POLITICS

Obama considers action on gun control

Back at the White House after a two-week Hawaiian vacation, U.S. President Barack Obama says he is energized for his final year in office and ready to tackle unfinished business, turning immediate attention to the issue of gun violence.

Obama scheduled a meeting Monday with Attorney General Loretta Lynch to discuss a three-month review of what steps he could take to help reduce gun violence. The president is expected to use executive action to strengthen background checks required for gun purchases.

Barack Obama GETTY IMAGES

Republicans strongly oppose any moves Obama may make, and legal fights seem likely over what critics would view as infringing on their constitutional rights to bear arms. But Obama is committed to an aggressive agenda in 2016 even as public attention shifts to the presidential election.

While in Hawaii, Obama worked on his final State of the Union address, scheduled for Jan. 12. The speech will give the president another chance to try to reassure the public about his national security stewardship after the attacks in Paris and San Bernardino, California.

Republicans have outlined a competing agenda for January, saying they will spend the first days of 2016 taking another crack at eliminating keys parts of the president's health insurance law and ending federal funding for women's health care provider Planned Parenthood. The legislation is unlikely to become law, but it is popular with the Republican base in an election year.

The debate about what Obama may do on gun violence already has spilled over into the presidential campaign. Hillary Clinton has called for more aggressive executive actions on guns, and rival Bernie Sanders said he would support Obama's expected move.

THE ASSOCIATED PRESS

ORGANIZED CRIME

Three held in slaying of Mexico city mayor

Three people, including a minor, were being held Sunday in the slaying of a newly inaugurated mayor just hours into her term in a gang-troubled central Mexican city.

Morelos Gov. Graco Ramirez ordered flags on state buildings flown at half-staff and called for three days of mourning following the killing of Temixco Mayor Gisela Mota.

He blamed organized crime for killing the 33-year-old Mota, a former federal congresswoman who had been sworn in as mayor the day before she was gunned down in her home Saturday morning.

Ramirez ordered security measures for all of the state's mayors, though he gave no details on what that involved.

Following Mota's killing, two suspects were killed in a clash with police and three others arrested. Officials said those taken into custody were a 32-year-old woman, an 18-year-old man and a minor. THE ASSOCIATED PRESS

Iranian demonstrators chant in front of the Saudi Embassy in Tehran on Sunday during a protest denouncing the execution of Sheikh Nimr al-Nimr. VAHID SALEMI/THE ASSOCIATED PRESS

Cleric's execution sets off tensions

MIDDLE EAST

Saudi Arabia, Iran cut ties over incident

Saudi Arabia announced Sunday it was severing diplomatic relations with Shiite powerhouse Iran amid escalating tensions over the Sunni kingdom's execution of a prominent Shiite cleric.

The move came hours after protesters stormed and set fire to the Saudi Embassy in Tehran and followed harsh criticism by Iran's top leader of the Saudis' execution of Sheikh Nimr al-Nimr.

Saudi Foreign Minister Adel al-Jubeir said Iranian diplomatic personnel had 48 hours to leave his country and all Saudi diplomatic personnel in Iran had been called home.

The mass execution of al-Nimr and 46 others — the largest carried out by Saudi Arabia in three and a half decades — laid bare the sectarian divisions gripping the region as demonstrators took to the streets from Bahrain to Pakistan in protest.

It also illustrated the kingdom's new aggressiveness under King Salman. During his reign, Saudi Arabia has led a coalition fighting Shiite rebels in Yemen and staunchly opposed regional Shiite power Iran, even as Tehran struck a nuclear deal with world powers.

Iran's supreme leader, Ayatollah Ali Khamenei, warned Saudi Arabia on Sunday of "divine revenge" over al-Nimr's death, while Riyadh accused Tehran of supporting "terrorism" in a war of words that threatened to escalate.

Al-Nimr was a central figure in Arab Spring-inspired protests by Saudi Arabia's Shiite minority until his arrest in 2012. He was convicted of terrorism charges but denied advocating violence.

On Saturday, Saudi Arabia put al-Nimr and three other Shiite dissidents to death, along with a number of al-Qaida militants. Al-Nimr's execution drew protests from Shiites around the world, who backed his call for reform and political freedom for their sect.

While the split between Sunnis and Shiites dates back to the early days of Islam, those divisions have only grown as they intertwine with regional politics, with both Iran and Saudi Arabia vying to be the Mideast's top power. THE ASSOCIATED PRESS

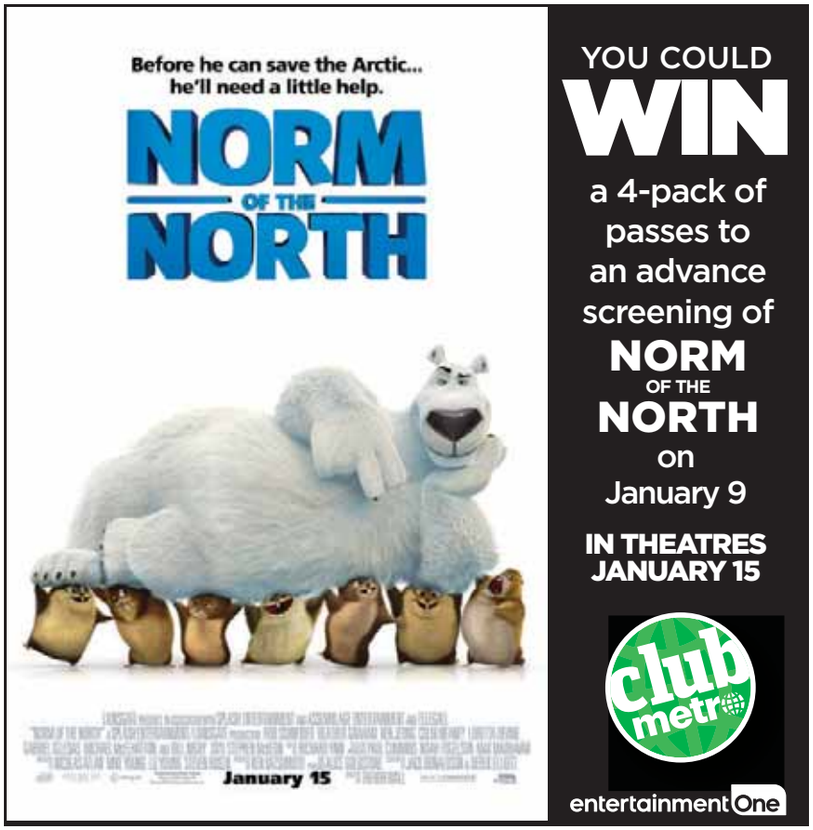
REACTION

Tehran protest gets violent

In Tehran, a protest outside the Saudi Embassy grew violent as protesters threw gasoline bombs at the building, setting part of it ablaze, according to Gen. Hossein Sajedinia.

Forty people were arrested, and investigators were pursuing other suspects. Iranian President Hassan Rouhani condemned Saudi Arabia's execution of al-Nimr but branded those who attacked the Saudi Embassy as "extremists."

THE ASSOCIATED PRESS



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HUDSON'S BAY

Making it on social media

CONTENT CREATORS

Lucrative for some, struggle for others

When online personality Essena O'Neill "quit" social media, she gained a wave of media coverage. The 19-year-old Australian revealed how she earned close to $2,000 per post on her social media channels, without being a conventional celebrity. O'Neill's profile and brand was built entirely from her posts on Instagram and videos on YouTube. She wasn't earning money from endorsing products online because of her status in the worlds of entertainment or sport.

The number of YouTube channels earning six figures is up 50 per cent from 2014, according to a company spokesman. As far back as 2010, brand advertising specialist TubeMogul estimated at least ten people were making more than $100,000 per year.

South Korean singer Psy earned $5.9 million for his viral hit, Gangnam Style.

More people than ever are making a living online. How much are they banking — and how are these social media entrepreneurs cashing in?

Essena O'Neill said she earned close to $2,000 per social-media post before she "quit" the platforms. ESSENA O'NEILL/INSTAGRAM

YOUTUBE:

If you create your own content, you can become a YouTube partner and receive a small percentage of ad revenue from clips before your video or on in-video banners. The videos of those making big bucks frequently include video game walkthroughs, fashion tutorials or comedy performances.

Once you have a large subscription and audience base, sponsored videos or paid product endorsements can also be a lucrative avenue.

"100 per cent, making videos online can be a career," said Nicole Arbour, who rose to prominence earlier this year with her video 'Dear Fat People.'

How much can you make?

Using Patreon, the Hillywood Show, which creates parody videos, receives more than $7,000 per month. To some degree, the amount of money creators earn directly from YouTube is shrouded in mystery.

"I honestly don't know how much a million views is worth. There's no conversion chart," Arbour adds. "I've had sponsorships where I've been paid for the video before we even shoot it."

James Dodds III of sketch comedy group TrueNuff.tv said he received about $1.57 per 1000 views.

But not all video makers are so successful. Just Between Us, a comedy channel run by Allison Raskin and Gaby Dunn, has 500,000 subscribers. That's substantially less than the top YouTubers, but still a tremendous number.

Yet Dunn recently wrote an article claiming the duo are "barely scraping by" and the money from YouTube was "unpredictable" and "not enough to live."

"I've walked a red carpet with $80 in my bank account," she said.

Part of the unpredictability of YouTube revenue stems from the different types of advertising, and whether viewers are using an ad blocker to prevent the lucrative sponsored messages from playing at all.

YouTube also takes around 45 per cent of ad revenue, according to sources quoted in a New York Times article in 2014.

VINE:

The short-form video platform doesn't run ads like Youtube, but that hasn't stopped creators from earning six-figure salaries. Mainstream brands are increasingly turning to Vine stars for content creation to engage with users as naturally as possible.

"Brands are increasingly doling out dollars to content creators due to their unique ability to produce relevant, authentic stories that resonate with consumers' evolving media consumption habits," said Claudia Page at Crowdtap, speaking to business.com.

How much can you make?

Cody Johns, who has 3.6 million followers and more than a billion Vine views, told Business Insider one video campaign can net him upwards of $20,000.

Rob Fishman, who co-founded digital advertising group Niche, says the top creators can receive $50,000 for one six-second clip.

INSTAGRAM:

Users can make money from gaining followings and offering that audience to advertisers. Typically, creators make money on the platform through product placement or being hired to garner publicity by posting event photos.

How much can you make?

Canadian style, fashion and travel blogger Ania Boniecka, who has just over 100,000 followers, said a single photo could net her $500.

Anthony Danielle, co-founder of the Mobile Media Lab agency, has said more than 100,000 followers can net $700 to $900. More than 500,000 followers could be worth $2,000 to $3,000, and $4,000 is the most Instagrammers have been paid, says a Yahoo article.

Liz Eswein, who runs the @NewYorkCity account that has 1.3 million followers, employs a different approach — she asks for $1 per like on a sponsored picture. Her images typically receive in excess of 10,000 likes.

TORSTAR NEWS SERVICE

ENERGY

Google staking place in the sun

The company that lets you compare air fares and translate foreign languages online wants to make it easier to weigh the costs and benefits of installing solar panels on household rooftops.

Google is rolling out a new online service that quickly tallies up considerations of going solar and whether homeowners should consider buying or leasing photovoltaic panels costing thousands of dollars. Google's Project Sunroof combines the eye-in-the-sky images behind Google Earth with calculations on how much shade trees cast over a rooftop, data on local weather patterns, industry pricing and available subsidies to arrive at its bottom line.

Interested potential customers are referred to solar-panel installers for further follow-up, cutting their marketing costs, said Carl Elkin, the senior software engineer behind the service. "We at Google believe in solar energy. The solar industry needs our help," he said.

Google's proposition is a faster, simpler way of sizing up possible pros and cons of solar than calling out someone for a site evaluation or using the more complex calculator offered by the U.S. Energy Department.

Google has invested more than $1 billion in recent years into solar energy, including $300 million earlier this year into a fund that finances residential rooftop projects installed by SolarCity Corp.

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RETAIL

U.S. food co-operatives fading fast

Food co-operative programs that allow members to scoop rice, sort organic vegetables and ring up sales in return for grocery discounts are fading fast amid a changing marketplace and fears of violating labour laws.

The "member labour" or volunteer programs are intertwined with the do-it-yourself idealism that launched a wave of co-ops in the '70s. But they have become rare. At Albany, New York's, Honest Weight Food Co-Op, an effort to drop its volunteer program has riled members, illustrating its cherished place in co-op culture.

Supporters say the involvement of member-owners differentiates co-ops in an age where even strip-mall supermarkets sell locally grown arugula.

Shoppers fill containers in the bulk department at Honest Weight Food Co-Op in Albany, N.Y. MIKE GROLL/THE ASSOCIATED PRESS

Working member programs were a basic feature of co-ops, launched decades ago during a flush of interest in natural living and alternatives to big capitalism. The programs offered cheap labour for stores with little capital.

Early co-ops foreshadowed the wider public's interest in local, wholesome food and then benefited once the wave hit. Honest Weight began in a cramped side-street store and is now a bright, modern market that rings up about $25 million annually in sales.

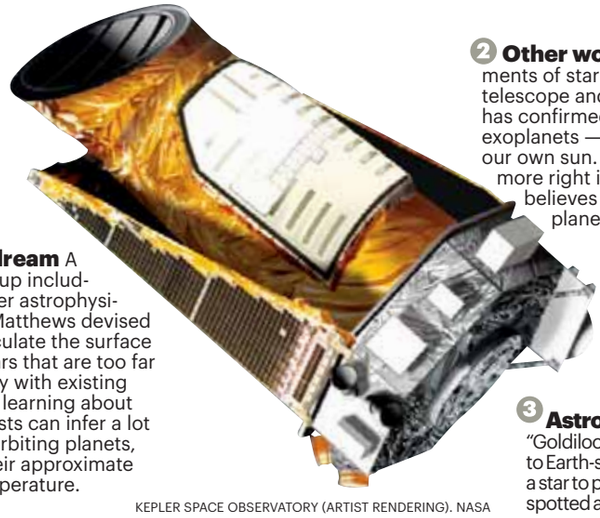
Honest Weight's former board president mentioned the inefficiency of having roughly 1,200 working members cover shifts in explaining a board vote this fall to discontinue the program on the store's floor. Board members rescinded that vote after being told they overstepped their authority.

The larger issue weighing on the board at Honest Weight and other co-ops is the fear that labour officials could classify their working members as employees rather than volunteers, leaving them open to charges they are violating minimum-wage rules. THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Monday, January 4, 2016

THE BIG THING: LIFE BEYOND EARTH

On planets right in our own Milky Way galaxy (which, to be fair, is pretty big at 9.5 hundred quadrillion kilometres across), there could be primordial soup brewing, life evolving, even whole societies developing and collapsing. We just don't know. But researchers are getting light-years closer. In a paper published this week in the journal Science Advances, a team including scientists from the University of British Columbia explains how they discovered a new, and more accurate, way to characterize extremely distant stars — including ones that may have orbiting planets hospitable to life. It's a step towards eventually meeting up with whomever or whatever may call those unknown worlds home. SOURCE: CHRISTIAN SCIENCE MONITOR



KEPLER SPACE OBSERVATORY (ARTIST RENDERING). NASA

1 **Distant dream** A research group including Vancouver astrophysicist Jaymie Matthews devised a way to calculate the surface gravity of stars that are too far away to study with existing methods. By learning about stars, scientists can infer a lot about their orbiting planets, including their approximate size and temperature.

2 **Other worlds** The project used measurements of star brightness from Canada's MOST telescope and NASA's Kepler spacecraft. Kepler has confirmed the existence of almost 2,000 exoplanets — planets that orbit stars other than our own sun. Preliminary findings point to billions more right in our own galaxy. Matthews says he believes alien life will be found on an exoplanet within 20 years.

3 **Astronomers' jackpot** The ultimate find is a "Goldilocks planet" — not too hot, not too cold, close to Earth-sized and just about the right distance from a star to possibly harbour liquid water. Kepler has spotted a handful of these cosy worlds so far.

Cautiously optimistic resolutions for Calgary

KINGKADE'S CALGARY

Roger Kingkade

Happy 2016, everybody. So far, this year doesn't seem radically different than 2015. Is it supposed to?

We seem to fall in love with the idea that this year will be better than last. I wouldn't bet on it, though. Let's just agree to be cautiously optimistic about the price of oil reversing its trend. Commodity prices are beyond the control of we mortal Calgarians, but there are some lessons we can take from 2015 and do right by them in 2016.

Uber as a service is the very product of the demands of a younger generation.

Let's try to keep our pants up and our skirts down next Stampede, at least while the cameras are rolling.

There are varying opinions on the trio who proved that you don't have to take your boots off to have that kind of fun. One thing we should all agree on is the slut-shaming that dominated the conversation, with comparatively less criticism of the gents involved, did neither the city nor the Stampede many favours. It might have cast the concept of public indecency in a new light, but it didn't much enlighten the discourse on female sexual autonomy.

In 2015, impromptu public amateur pornography proved to be fruitless. Let's not try it again this year. Or in the coming years, for that matter.

Something we *should* have been using our phones to share in 2015 was Uber. The embattled "we're-not-a-taxi" service had a glorious false start last year before the city shut them down with an injunction. This has to be resolved in 2016. Even if it is at great expense to the taxi business. And the change will have to be led fervently by Mayor Nenshi.

The mayor's position on Uber has been respectable. The leader of a city can't endorse a renegade service in a regulated industry with the concerns caused by Uber's ambiguous insurance position. But… when Naheed Nenshi inspired the voter turnout he did in 2010, it was because he convinced Calgarians that his vision of this city was one of change for the dynamic new population that was reshaping the culture of Cowtown.

Uber as a service is the very product of the demands of a younger generation. Calgary's median age is a spry 36 years old. Anecdotes and horror stories of taxi service — and refused taxi service — abound, yet it remains the only option, unless one prefers to have Calgary Transit drop her off in the general vicinity of her destination. That alone isn't the compelling reason to allow ride-sharing in Calgary.

The most compelling reason is that this sharing economy is how we're starting to do commerce. It's increasingly a part of the definition of world-class.

When the mayor campaigned on a vision of youthful ambition, of shedding old stereotypes, and of embracing new ideas that would bring new life and texture and vibrancy to Calgary, services like Uber were exactly what this generation had in mind. It's disappointing to see him as anything but a champion for this change.

Roger Kingkade co-hosts the Kingkade and Breakenridge show every weekday morning at 9:30 a.m. on NewsTalk 770.

ROSEMARY WESTWOOD
metroview

A new New Year's resolution: Enjoy exactly who we are

All will be well.

It's the title of a book of daily religious reflections Mum gave me a few years ago. I spent a while trying to read each meditation, but it's the title that has stuck.

Holidays, even among a large and loving family like mine, are not simple bliss. We had at least two minor dramas that I'm aware of, a new rescue dog with a penchant to nip at the kids, far too much kitchen time for my parents, elbow deep in dishes or a turkey, the general mayhem of a house packed with dozens, and hangovers.

I didn't see everyone I wanted to, or call everyone I should have. And each of my three siblings is juggling some confluence of life's stress: trying to find a new home in Vancouver that's big enough and just this side of affordable, while making a mark in a new job; training the Mexican rescue dog who looks like Dobby the house-elf (loveable, but unpredictable); going back to school as an adult and fretting over grades and debt.

Just before Christmas dinner, Dad stood up at the head of the table. Westwoods don't give each other gifts (we do secret Santa) — but everyone makes each other cards. It's a serious requirement. No store-bought allowed. This year, Dad didn't just make us cards — he wrote us poems. And then he performed them.

It's redundant to say no life (no holiday) is perfect.

One by one, eldest to youngest, he recited slant rhymes that captured our lives, at this moment. They were sweet, tinged with his offbeat humour.

He didn't gloss over our questionable histories, and noted I can "be goaded to debate fiercely on topics of gender" — a reference to a run-in we had when I was taking a gender theory class in university.

But each one ended on the same theme: Look how far you've come. And: You're doing just fine. Also: We love you.

It is pat to say nothing is simple. It's redundant to say no life (no holiday) is perfect. Still, every snag can come as a surprise. An inconvenience is never foreseen, even though every day holds one. And yet for many of us, when it's put into perspective via a poem written by your dad, life really is good.

The new year is often a time to reset what we want to be. But what if, instead of imagining who we want to be, we decided to enjoy exactly who we are, and where we are.

All will be well, the book says. And all is well, too.

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How do you choose the right RSP for you?

NEST EGG

Finding the right fit comes down to your knowledge and expectations

Michelle Williams

Thinking about opening a retirement savings plan? First you have to decide where and how you want to invest the money. ISTOCK

You're thinking about opening a retirement savings plan. That's a good thing. Aside from the obvious benefit of creating a nest egg for your retirement, you may also get a nice deduction on your upcoming tax return.

And the savings you put away can have several years of tax-deferred growth before you withdraw the money.

Many rookie investors think that once you decide how much to put into your RSP, you're done. However, you also have to decide where and how you want to invest the money — which vehicles and products to use.

"Once you're ready to invest, you have to decide on your RSP type," says Kurt Rosentreter, a financial advisor and chartered accountant. "One option is to explore the group plan that may be offered by your employer." This type of plan is sponsored by your employer, who may top up or match your contribution. "It's wise to take advantage of this because the employer's contribution is like free money."

An RSP is a "portable asset," says Kathleen Peace, partner and wealth advisor at Woodgate Financial Inc. and Investment Planning Counsel. "So if you leave your job, you can take it to any financial institution."

Another benefit is that you can arrange to have contributions automatically withdrawn from your pay, so you won't miss the money. But you may not be happy with the investment options your employer's plan offers. If you're looking for more control of your investments, another option is to set up an individual plan with your bank.

"In this case, you deposit your money into an RSP account and you can choose to buy the bank's financial products according to characteristics like your risk tolerance and your financial goals," explains Rosentreter.

For those interested in doing their own investing, "self-directed RSPs can be managed online. You can do this through most financial institutions," explains Peace. "This is an attractive option to the investor who wants to select and manage their investments themselves and pay minimal transaction fees."

Remember to take stock of your own goals and expectations before choosing an investment.

"How and where you invest should be aligned to your risk tolerance, time horizon, tax bracket, financial knowledge, return expectations, retirement goals and other factors," says Rosentreter.

Individual vs. spousal plan

When you contribute to an individual plan, you make the contribution and you get the benefit of the tax deduction. But sometimes it's worth considering a spousal or common-law RSP.

"Usually it's the higher-income earner making a contribution to their spouse's RSP," says wealth advisor Kathleen Peace.

"The higher-earning spouse gets the tax deduction but the lower-earning spouse owns the investment. When it comes time to withdraw funds from the RSP, the couple can better manage their taxes by income splitting, as long as the spouse's contribution has remained in the plan for at least three calendar years."

The decision to open a spousal RSP, says financial advisor Kurt Rosentreter, should take into account "your income-tax bracket today and in the future for you and your spouse, your investment strategy, and your overall retirement plan."

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Five kilometres open along Germany's first bicycle freeway that will connect 10 cities

HOROSCOPES

What's the year have in store? Take a look at the stars

Sally Brompton
For Metro Canada

Astrology forecasts for 2016

Aries (March 21 - April 20)

Mars, your ruler, moves into passionate Scorpio at the start of the year, making it impossible to deny your feelings. Whatever it is that moves you — emotionally, mentally, intellectually or even spiritually — that is what you must dedicate yourself to in 2016. But don't overdo it. Jupiter's retrograde phase from January to May warns you cannot charge at life at 100 miles per hour all the time. Make quality work your goal and get creative (write a book, record a song, launch a vlog) in April and August when the Sun's influence is at a peak, then sit back and enjoy the applause in the fall.

Taurus (April 21 - May 21)

A solar eclipse in the friendship area of your chart in March means you will be expanding your area of activity, discovering new places and meeting new people. Who knew you could be so adventurous! But there are old scores to settle as well and the influence of Mars in January and February, then again in June and July, will encourage you to assert yourself in one-to-one situations. Be blunt if you have to. Let loved ones and work colleagues know you will no longer dance to their tune — not because it's a bad tune but because you've got one of your own.

Gemini (May 22 - June 21)

Saturn and Uranus will pull you in opposite directions in 2016, Saturn trying to keep you tied to the past, Uranus trying to show you how wonderful the future could be if you have the courage to let go and go with the flow.

Mars in adventurous Sagittarius in August and September should tip the balance in Uranus' favour and come the close of the year you will be moving in a radical new direction. Relationship-wise you'll need a strong and steady partner to anchor your need for thrill-seeking in the real world of work and family and making ends met. A marvellous roller-coaster year!

Cancer (June 22 - July 23)

The solar eclipse in your fellow Water sign of Pisces on March 9 will encourage you to look further afield for things to inspire you. Even if you are one of those stay-at-home type Cancers you will want to travel this year, and your wanderlust will take you to some fantastic places where you meet some remarkable people. By the time of the second solar eclipse of the year, in September, you may have put down roots in a completely new environment. Alternatively, you can stay where you are and expand your awareness through books and study. The world of the mind is your playground.

Leo (July 24 - Aug. 23)

Mars, planet of action and ambition, moves through the most dynamic area of your chart from March to May and again through August and September and these are the best months by far to begin some kind of creative or artistic endeavour. Never doubt you have what it takes to be the biggest and the best. Never doubt you have the talent to see your name up in lights. Success will be all the more enjoyable, of course, if you can share it with someone special and Venus in the partnership area of your chart from mid-February to mid-March is sure to bring love into your life.

Virgo (Aug. 24 - Sept. 23)

Jupiter's retrograde phase from January to May will in some way hold you back from realizing your dreams and it's inevitable you will feel frustrated. But when the planet of good fortune turns in your favour again there will be no stopping you and by the time of the solar eclipse in your sign on Sept. 1 your life will be transformed. It's likely you will come into money later in the year and you should use what you gain to enrich both yourself and those you are closest to emotionally and mentally. Virgo never stops learning. What will the next stage of your education be?

Libra (Sept. 24 - Oct. 23)

Jupiter's move into your sign in early September will in some way or other reward you for the patience and commitment you have shown through the rest of the year. Libra may be the sign of the balance but sometimes it is hard for even you to keep your cool, especially when planet Uranus seems so determined to disrupt both your domestic arrangements and your relationships. But life is a learning experience and come December, when Jupiter really starts to shine, your ability to see both sides of every story will put you at a huge advantage. Be amazing, Libra!

Scorpio (Oct. 24 - Nov. 22)

Mars in your sign at the start of the year will endow you with a huge surge of energy and in both your career and your private life you will be making changes left, right and centre. Not only that but a second visit of Mars to your sign in June and July will give you a second bite of the cherry — and help you clear up some of the mess you made earlier in your headlong rush to be a success. The other big influence is Jupiter, which remains in the friendship area of your chart until September. It's there to remind you that you can't do it all on your own.

Sagittarius (Nov. 23 - Dec. 21):

Sagittarius and Saturn both begin with the letter S but there the similarity ends. Sags are carefree and love taking risks, while Saturn is cautious and not one to gamble. So, with Saturn in your sign throughout the year there is sure to be tension, but tension can be creative, and financially lucrative, if you plan ahead and accept the need to compromise. If you start the year slowly (by your standards at least) you can build up a head of steam that will make you unstoppable when Mars moves in your favour in August and September. For Sagittarius, there is no such word as "cannot."

Capricorn (Dec. 22 - Jan. 20)

Pluto in your sign will continue to change your life in subtle yet far-reaching ways and as early as Jan. 6, when Pluto joins with the Sun, then again on Feb. 6, when love planet Venus gets in on the act, your outlook, your lifestyle, indeed your very Capricorn DNA will undergo a transformation, though it may not seem that dramatic at the time. Where will this leave you? Energized and liberated, free to follow your own emotional and creative needs. You will still have responsibilities, of course, but they will no longer hold you back from fulfilling your limitless potential.

Aquarius (Jan. 21 - Feb. 19)

The lunar eclipse in your fellow Air sign of Libra on March 23 will sweep away restrictions and by the time a new moon in the same sign comes around at the start of October you will be on a completely new path through life and loving every moment of it. Not everyone will be as delighted as you though and some relationships will fall by the wayside, but it's your chance for a new beginning and you have no intention of letting it pass. Aquarius has as much right to shine as anyone else and you intend to dazzle and delight every chance you get.

Pisces (Feb. 20 - Mar. 20)

Jupiter, planet of good fortune, stays in the partnership area of your chart until September, by which time you will be on excellent terms with people who can help you move closer to realizing your dreams, and as the solar eclipse on Sept. 1 brings one major project to a successful conclusion you will quickly move on to the next. Saturn's ongoing influence will find ways to remind you that only quality work counts, but you won't need much guidance. On every level — mental, emotional, professional and financial — you know a good thing when you see it: yourself!

Don't depend on others for your financial health

PLANNING

Make it a resolution to take control of your money

Gail Vaz-Oxlade
For Metro Canada

This week, make a date with your partner to go over your finances. ISTOCK

If you're one of the people who have been letting the other guy handle the money, I've got a strong cup of coffee here for you: Take a sniff. While it may seem easier to let buddy deal with the dollars, that'll only save you some short-term fighting.

In the long term, you might find your family's financial reins are knotted up pretty badly.

Some people are unwilling to do the daily discipline of good money management; they'd rather leave it to their mates to manage the minutiae.

Others don't want to know the mess they've made. And some — even smart, hard-working folks — just haven't figured out that not everything you want you can have right away.

You need a plan.

Whenever you abdicate responsibility for dealing with the day-to-day of your money, whether you say, "Oh (s)he's better with the details," or "I just don't have the time," you're giving away control of your wealth.

If you don't know what the hell is going on with your money, you shouldn't be surprised to wake up broke. And giving it away isn't just handing over the money management to your mate.

It's also letting someone else make your investment decisions, allowing someone else to tell you how much money you can afford to borrow, and letting yourself get pushed into decisions you aren't absolutely convinced are good for your long-term financial health.

You work hard for your money, so hard for it honey. Why won't you spend a little time paying attention to what you're doing with it? And what it's doing for you.

Money management may not be the most exciting part of your life; not everyone gets turned on counting up their coins.

But it beats the heck out of having to deal with the negative fallout of having not paid attention.

And, you know what? It doesn't take all that much time.

This week make a date to sit down with your mate and go over your money.

From how much you're spending on food (you do have a budget, right?), to when you expect to be debt free (and a debt repayment plan?), to when you'll need to update your will (please tell me you have a will!), the conversations you have will lay the foundation for sharing your wealth: your wealth of knowledge, your wealth of insight, your wealth of experience.

If you have "people" who are managing your investments, insurance, estate plan, taxes… whatever, make an appointment to review how things sit.

Waiting for their once-a-year obligatory call isn't good enough.

And, for heaven's sake, stop thinking that those people have your best interests at heart.

They are in business to make money. They have bosses and sales targets and corporate expectations to meet.

If you don't have the time to take care of your money, why the dickens would they be interested in doing any more than the bare minimum to keep you as a client?

No one gets wealthy by accident.

Pay attention to your money.

For more money advice, visit Gail's website at gailvazoxlade.com

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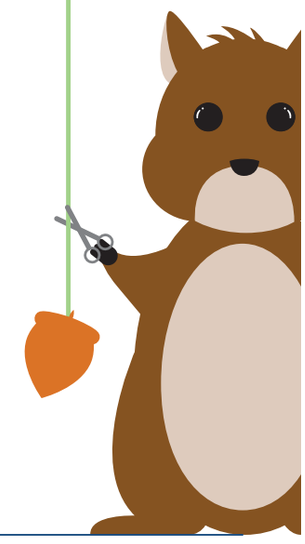

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Undoing anxiety in the spotlight

SECOND CITY

Improv classes help those with autism, social fears

A decade ago, Cameron Algie couldn't imagine getting up on a stage, let alone performing improv comedy in front of an audience. Gripped by anxiety, he scoffed when his therapist suggested he was naturally funny and might do well in an improv class at Second City Toronto.

"It seemed like the scariest thing to do," recalls the Cambridge, Ont., native. "Anxiety is all about anticipation and imagining all these scary things, but once I was there in the class, it really was scary but fun."

Algie went on to complete all five stages of the improv classes there and then studied at the conservatory level. Now he teaches Improv for Anxiety or Public Speaking at the Second City Training Centre in Toronto.

Group work and building social skills are also a focus of the centre's new class, Improv for Teens on the Autism Spectrum, which begins Jan. 9.

Cassie Moes teaches improv classes for teens on the autism spectrum beginning Jan. 9 at Toronto's Second City Training Centre. HANDOUT/THE CANADIAN PRESS

Instructor Cassie Moes, who pitched the idea for the class, learned how to work with people with special needs as a middle-school teacher. She also had experience teaching improv exercises for people with special needs and did respite care at Reach Child and Youth Development Society in Delta, B.C.

"As kids get older — kids who are on the spectrum — there's not a lot of programming and resources that's of good quality for them to explore different things," says the Vancouver native. "So I really wanted to offer a program where not only will they get the social element that improv really provides but they would also just get to learn some skills which they can apply in their day-to-day life."

Algie says the biggest obstacle for students in the anxiety class is self-judgment.

"When you stand in front of an audience, the audience is never judging you as harshly as you're judging you," says Algie. "If you make a little mistake onstage, the audience probably doesn't notice or care or think of it as a mistake. They probably laughed, found it funny."

Moes says they tell students not to try to be funny.

"I always try to say, who you are and what you have and what you bring inherently is enough," she says. "You are protected by the framework of the game. The more you let yourself go, those are the people who have the most success, the people with no filter."

Algie and Moes say some anxiety alumni have gone on to perform in front of hundreds and even formed their own troupes.

"For a lot of people, public speaking is worse than death," says Moes. "So they're like, 'If I can stand on this stage and perform in front of 200 people, what else can't I do in my life?'"

The Improv for Teens on the Spectrum classes are for "high-functioning independent teens" ages 13 to 19.

Moes says she plans to do group exercises to help students feel safe, pick up on emotional cues and "go outside of themselves." THE CANADIAN PRESS

CRAFT BEER

Brewing good business

In the last decade, the number of craft breweries has grown to more than 4,000 in the U.S. today, from more than 1,400 in 2005, according to the Brewers Association. As the industry gets more competitive, some universities are now offering programs on the business of craft beer.

Years ago, a lot of breweries started with a focus on beer, said Gregory Dunkling, director of the University of Vermont's new online business of craft beer certificate program. Then a home brewer may have been able to create great recipes but didn't have the business acumen, which these courses teach.

Portland State University in Oregon started an online business of craft brewing program in 2013. University of Portland and San Diego State University's College of Extended Studies also have business of craft beer certificate programs. Classes for San Diego State's program are held at local breweries and at the university, but not online.

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Grace in an unexpected place

Transparent creator Jill Soloway teases out the show's scenes that give viewers startling insight into the characters. CONTRIBUTED

THE SHOW: Transparent, Season 2, Episode 10 (Shomi)
THE MOMENT: The Embrace

Maura Pfefferman (Jeffrey Tambor), a 60-something transitioning, transgender woman, lies on a bed with Vicki (Anjelica Huston), who's had a double mastectomy, astride her.

"I don't know what to do," Maura whispers. Slowly, slowly, they begin to have sex.

The camera doesn't cut away.

It stays steadily on these two imperfect people.

So unaccustomed are we to seeing that, that at first it feels invasive, even merciless. But if you don't flinch, you'll realize that what you're witnessing is a moment of grace.

I'm so in love with this show I don't know where to begin.

To focus on a serious scene risks minimizing how slyly hysterical it is, how uncountable the witty lines and brilliant muttered asides, how effortlessly the actors throw them away.

You could watch Transparent for the laughs alone, and they would be smarter and more numerous than on any other show.

But creator Jill Soloway isn't content with that — she also gives us scenes of startling insight and intimacy, which she builds up to so skillfully that someone dancing with her reflection; or eating from a microwave, naked and alone in the dark; or hanging on the side of a pool, talking to her sister about sex, will make you gasp.

And when, in the last two episodes, Soloway brings together the many seemingly disparate strands she's been teasing out — well, if you were standing up, your knees would buckle.

Seriously, this show is a game-changer.

Nothing else comes close.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

DOCUMENTARY

Boston Marathon film celebrates spirit

America's marquee marathon is ready for its closeup.

Boston, the first feature-length documentary film about the Boston Marathon, is in the works. Its creators say the movie will go well beyond the 2013 bombings to retrace the iconic footrace's first steps in 1897.

"Over the years, the Boston Marathon has had so many extraordinary stories of people achieving and accomplishing things," said producer Megan Williams, an Oscar-nominated filmmaker. "It's like looking at cultural and social change over the last century through the lens of this major sporting event."

Two feature films (one starring Mark Wahlberg), a stage play and an HBO special also are in production, though they're all about the 2013 finish line attacks that killed three spectators and wounded more than 260 others.

No Boston documentary would be complete without the dark events of 2013. Boston, however, will focus less on the chaos than the comeback. The producers had 56 cameras along the course in 2014 for the marathon's first running since the bombings.

Director Jon Dunham said the city's determination to take back its namesake race will be a recurring theme in the movie, which was conceived before the attacks.

But the film will be a sort of highlights reel from the 120-year-old marathon, the nation's oldest. The Boston Athletic Association gave Dunham exclusive rights to its archive for the film.

THE ASSOCIATED PRESS

Meb Keflezighi wins the 118th Boston Marathon in 2014. Keflezighi was the first American man to win the race in 31 years. Boston is set to premiere in April 2017. THE ASSOCIATED PRESS

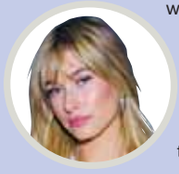
GOSSIP BRIEFS

Camille Cosby must give deposition against Bill

A federal judge has denied a motion by Bill Cosby's wife to throw out a subpoena requiring her to give a deposition in a lawsuit brought by seven women who accuse the comedian of sexually assaulting them decades ago. The ruling issued Thursday by U.S. Judge Magistrate David Hennessey in Springfield, Mass., means Camille Cosby is scheduled to be deposed by lawyers for the women on Wednesday. In his 12-page decision, Hennessey said Camille Cosby failed to prove that she and her husband were protected by the state's marital disqualification law. He also rejected claims that the value of the testimony would be outweighed by the "undue burden" it would cause.

THE ASSOCIATED PRESS

Bieber locks lips with Hailey Baldwin at NYE bash



It looks like Justin Bieber is hoping to kick off 2016 by putting to rest those pesky dating rumours — like Kourtney Kardashian, or him trying to woo back Selena Gomez — because the Biebs rang in the New Year "sucking face" with additional rumoured girlfriend Hailey Baldwin at Richie Akiva's villa party in St. Barts.

NED EHRBAR/METRO

One Direction's Zayn Malik strikes a pose for Gigi Hadid

Speaking of pop stars' dating lives, exactly how close are former One Direction member Zayn Malik and Gigi Hadid getting? Close enough for her to post photos of his bare chest to Instagram. Oh, and there was an adorable kitten in the pic, too, so it's basically peak Internet. Hadid posted the black-and-white photo without comment, just a simple image of Malik's headless torso cuddling her beloved cat, Cleo. Fans easily recognized Malik by his tattoos. NED EHRBAR/METRO

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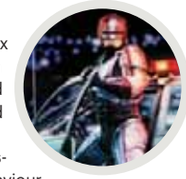
ROBOCOP V TERMINATOR

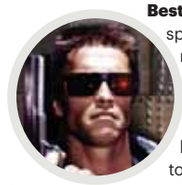
Which '80s cyborg wore it better?

RoboCop and The Terminator are two of the most iconic sci-fi films of the 1980s. Both are set in a post-apocalyptic world where man and machine merge in an unforgettable cyborg. The franchises even spawned a four-issue comic-book crossover by cartoonist Frank Miller in 1992. But head-to-(metallic)-head, which futuristic cyborg ruled the silver screen?



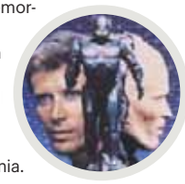
Best Mission In RoboCop, police officer Alex Murphy (played by Peter Weller) is killed by a gang of thugs, then revived and transformed by a mega-corporation into the ultimate (and shiniest) beat cop. In The Terminator, Arnold Schwarzenegger famously plays a cyborg assassin who travels back in time to stop the saviour of humanity. As far as missions go, that one's hard to top.
Winner: The Terminator

Best Outfit While the Terminator has snazzy wraparound shades and a punky leather jacket, RoboCop gets a chrome bodysuit with built-in weapons and sleek sound effects. **Winner:** RoboCop, obviously.



Best Setting The Terminator prowls the suburban sprawl of '80's L.A., while RoboCop patrols the mean streets of dystopian Detroit. **Winner:** Both look equally scary. This one's a draw.

Best Ride RoboCop's 1985 Ford Taurus may be the most ordinary supercar in movie history, though it did have an onboard computer (remember, this was back in the '80s). The Terminator drives an assortment of stolen cars, including a '70s-era Chevy Nova, which he plows through a police station.
Winner: RoboCop



Best Catchphrase RoboCop's two most memorable lines are his understated warning to evildoers ("Dead or alive, you're coming with me") and his ominous advice for Detroit's youth ("Stay out of trouble"). But neither had the cultural cachet of the Terminator's unstoppable "I'll be back" — Arnie even used it on the campaign trail for governor of California.
Winner: The Terminator, baby.

Whether you're a Robo-rooter or a member of Arnie's army, you can relive both movies in all their '80s glory this month on Hollywood Suite. Check out RoboCop and The Terminator back-to-back on January 12, uncut and commercial-free. Take advantage of Hollywood Suite's free preview, or sign up for only $6 (or less) a month. Hollywood Suite takes you back to the '70s, '80s, '90s and 2000s with hundreds of movies on 4 HDTV Channels, Hollywood Suite On Demand and the Hollywood Suite GO app. Learn more at hollywoodsuite.ca.

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The Cleveland Browns had no comment on a report that injured QB Johnny Manziel went to Las Vegas on Saturday

WORLD JUNIORS

Hockey Canada prez puts onus on players

Tom Renney came to the defence of Canada's coaching staff at the world junior hockey championship on Sunday.

The president and chief executive officer of Hockey Canada spoke a day after Canada dropped a 6-5 decision to Finland in the quarter-finals of the event in Helsinki, guaranteeing a sixth-place finish at the tournament. It is the lowest Canada has placed at the world juniors since 1998.

"I thought our team was very well-prepared, I thought we had as good a coaching staff at the competition as anyone," Renney said in a conference room at the team's hotel.

"There is a point in time where that transfer of responsibility goes from the coach to the player."

Head coach Dave Lowry's squad of under-20s struggled throughout the tournament with discipline on the ice. Canada took 10 minor penalties in a 5-2 loss to Sweden in the final game of the preliminary round before taking nine penalties in the quarter-final loss to Finland.

THE CANADIAN PRESS

SEMIFINALS

MONDAY
Sweden vs. Finland, 9 a.m. ET
Russia vs. United States, 1 p.m. ET

NBA

Bulls' Butler serves up loss to Raptors

Jimmy Butler scored all but two of his 42 points in the second half Sunday to lift the Chicago Bulls over the Toronto Raptors 115-113.

DeMar DeRozan had 24 points for the Raptors (21-14), while Kyle Lowry added 22 points and 10 assists.

Pau Gasol added 19 points for a Bulls team (20-12) missing star point guard Derrick Rose.

The Raptors were looking for payback, winless in their previous six games against the Bulls, including a 104-97 defeat just six nights earlier in Chicago.

SUNDAY in Toronto

BULLS	RAPTORS
115	113

Toronto led for virtually all but the first quarter, but Butler was unstoppable down the stretch. The Chicago forward launched a three-pointer over DeMarre Carroll with 31 seconds to play to put the Bulls up by a point.

THE CANADIAN PRESS

IN BRIEF

Blackhawks' Crawford blanks Sens for 6th shutout

Corey Crawford made 26 saves in his NHL-leading sixth shutout this season to lead the Chicago Blackhawks past the Ottawa Senators 3-0 on Sunday night for their third straight win.

Duncan Keith and Artem Anisimov scored for Chicago, which also got an empty-net goal from Andrew Desjardins with 48 seconds left.

Crawford was sharp when needed in earning his 18th career shutout in his 300th game. THE ASSOCIATED PRESS

Chelsea still a threat in middling Premier League

Chelsea signalled its intent to surge up the Premier League by crushing Crystal Palace 3-0 on Sunday in a stylish display in South London that had shades of last season's cruise to the championship.

Oscar, Willian and Diego Costa scored for Chelsea, which could still challenge for a Champions League spot after a dismal first half.

Chelsea is unbeaten in four games since manager Guus Hiddink replaced the fired Jose Mourinho.

THE ASSOCIATED PRESS

Panthers receiver Devin Funchess reaches across the goal-line for a touchdown against the Buccaneers defensive back Jude Adjei-Barimah in Charlotte, N.C., Sunday. STREETER LECKA/GETTY IMAGES

Panthers, Broncos wrap up No. 1 seeds

NFL

Ryan and Bills deny Jets a trip to post-season

Carolina closed out its remarkable season by wrapping up home-field advantage in the NFC. Denver turned to Peyton Manning to take advantage of New England's slip up in the AFC. And Rex Ryan made certain to continue the New York Jets' playoff drought.

Carolina and Denver wrapped up the No. 1 seed playoff seeds in each conference by winning at home on the final day of the regular season on Sunday. Carolina routed Tampa Bay 38-10, while Denver held off San Diego 27-20 to win the AFC West title.

New England will be the No. 2 seed in the AFC after losing at Miami, while Arizona will have the other bye in the NFC despite getting routed 36-6 by Seattle.

Denver's victory finally settled the AFC playoff picture. Cincinnati is the No. 3 seed and will host AFC North rival Pittsburgh in a wild-card game, while AFC South champion Houston is the No. 4 seed and will host Kansas City, winners of 10 straight games.

The NFC playoff picture wasn't to be fully settled until after the completion of Sunday night's game between Minnesota and Green Bay. Seattle's blowout win over the Cardinals means the Seahawks will avoid a trip to Lambeau Field to open the playoffs as long as the Packers and Vikings didn't finish in a tie. The winner between the Vikings and Packers will be the No. 3 seed.

Washington, which closed the season with its fourth straight win, is the fourth seed and will host the No. 5 seed.

The highlight of the day was Ryan and the Buffalo Bills stopping the Jets from making the playoffs and giving the Steelers the final playoff spot in the AFC. The Bills beat the Jets 22-17, while Pittsburgh knocked off Cleveland 28-12, the only results that would have gotten the Steelers into the post-season. The Jets have not made the playoffs since 2010.

"I've got a lot of friends over there, and I want them to be successful, but not at my expense," Ryan said.

Ryan has plenty of friends in the Steel City now.

"A lot of thanks to coach Ryan and the rest of the Bills and everybody in Buffalo," Steelers quarterback Ben Roethlisberger said. "I know they're excited about 8-8 and we're excited they got us in."

Denver struggled in the first half against San Diego before inserting Manning in place of Brock Osweiler at quarterback and holding on late for the seven-point victory.

Houston also clinched the AFC South with its win over Jacksonville and will host Kansas City after the Chiefs beat Oakland for their 10th straight victory. THE ASSOCIATED PRESS

PINK SLIPS

Hours after losing to the Steelers, Browns owner Jimmy Haslam fired coach Mike Pettine and general manager Ray Farmer following their second straight losing season in charge. Pettine went 10-22 in two years.

Mike Pettine
THE ASSOCIATED PRESS

RECIPE Sweet and Spicy Salmon

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Today is Ceri's birthday so we'll be eating cake, but you should totally make this. This recipe comes together so quickly and easily you have no excuse for not making a healthy dinner.

Ready in
Prep time: 25 minutes
Serves 4

Ingredients
- 3 Tbsp soy sauce
- 2 Tbsp honey
- 2 Tbsp sriracha
- 3 Tbsp water
- 4 salmon filets
- 2 tsp sesame seeds

Directions
1. Preheat the oven to 425 F.
2. In a small bowl whisk together the marinade ingredients.
3. Place the salmon filets on a rimmed baking sheet.
4. Spoon the marinade on top of the salmon and bake it for 15 minutes.
5. Serve with rice and greens and a sprinkling of sesame seeds.

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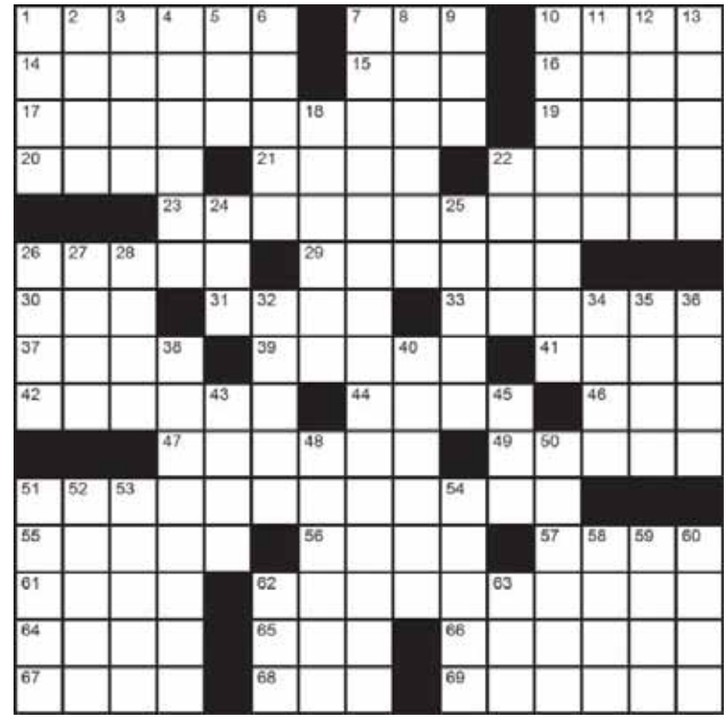
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Business bigwigs
7. Scand. land
10. 'N' in #15-Across' answer, briefly
14. Turkey's capital
15. Winnipeg Jets org.
16. Female 'friend' in France
17. Wearing very high-heeled shoes, say
19. Health club class
20. Diner beverage
21. Two-masted boat
22. Seize power
23. "Body's in Trouble" by Canadian singer/songwriter __ O'Hara
26. Perform like Magic Mike
29. "Only the __" by Roy Orbison
30. Canuck motorists org.
31. Leaky ink shape
33. Mitsou's message for her Cowboy: 2 wds.
37. Takes _ __ (Swims)
39. "And in the morning when _ __..." - Loggins & Messina
41. Chess piece
42. "The Blue __" by Johann Strauss Jr.
44. Be without
46. Pres. Eisenhower
47. On your marks, __ ...Go!
49. Stranded, castaway-style
51. Items obtained through hunting used to adorn traditional Inuit clothing: 2 wds.
55. Flexible
56. Spawned
57. Epochs
61. Sort of streambed
62. Can function independently - no accessories required
64. Actress Ms. Arden's
65. Nero's 151
66. Say "I'd like you to come."
67. Skin-care products suffix
68. Underworld goddess of Norse mythology
69. Lashed lieu

DOWN
1. Low music pitch
2. Not tricked: 2 wds.
3. Become traction-less
4. Deli selection
5. Prior, previously
6. Ancient companion for Dionysus
7. Trans-Canadian __ __ (Recreational traveller's winter route)
8. Jill of "The Love Boat"
9. Antiquity
10. One of the opinion that it can't be done
11. French Canadian singer, France D'__
12. Striped big cat ...mais en francais
13. Jumped
18. Songstress Ms. Swift
22. The __ Duckling
24. Police alert, commonly
25. Medieval bowed instrument
26. Large amount
27. "Presto!"
28. Particular precipitation
32. Eurythmics' "Would I __ __ You?"
34. Seethe
35. Oxen harness
36. Just managed, __ out
38. Boxing
40. Lustrous fabric
43. Lilith's portrayer on "Cheers"
45. Sewing collection
48. Nuanced
50. Delay or cancel
51. Made noise, crow-style
52. Plant source of tequila
53. Canadian band, Red __
54. "__ and the Cruisers" (1983) starring Tom Berenger
58. Churn
59. Not in favour
60. Plant's origin
62. Educ. institution
63. Whichever

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If you think you cannot lose then you're halfway toward winning. A positive mental attitude is a must as you have so many things to do. You can never be optimistic enough.

Taurus April 21 - May 21
Fortune will smile on you this week, especially if you think and act quickly. Your enthusiasm will impress people and increase the odds that you'll get a good offer. Self-belief plus hard work equals success.

Gemini May 22 - June 21
You'll be a bit emotional today but that may be no bad thing. Some people think they can let you down and get away with it. Remind them actions have consequences.

Cancer June 22 - July 23
You've realized that a certain person is no good for you, now let them know that your association is done. Don't worry about hurting their feelings — it's your feelings that matter.

Leo July 24 - Aug. 23
There'll be a lot of noise this week and you'll wish you could switch off the world. That isn't going to happen so invest in a good pair of headphones. Tune out the negativity.

Virgo Aug. 24 - Sept. 23
You may be inclined to let false accusations about you pass but the planets warn if you do your reputation will suffer. Don't let anyone say bad things about you without an instant response. Stand up for yourself.

Libra Sept. 24 - Oct. 23
Before the end of the month you must get both your family and financial houses in order. What you change now will determine how much fun you have later.

Scorpio Oct. 24 - Nov. 22
Something will occur today that angers you a bit but don't let your feelings get out of control. And before you make any kind of accusations make sure that the facts are correct.

Sagittarius Nov. 23 - Dec. 21
Follow your heart over the next few days or you could miss out. Where relationships are concerned, be more open and honest about how you feel. Don't be suspicious of passion, least of all your own.

Capricorn Dec. 22 - Jan. 20
Every word a certain individual says seems to rub you up the wrong way. Either stay away from them or let them know that they need to keep silent around you. The time for pleasantries is over.

Aquarius Jan. 21 - Feb. 19
A friend is going through a hard time and you want to help them. Your best course of action is to keep your distance. Give them space to work things out for themselves.

Pisces Feb. 20 - March 20
Mix business with pleasure, but be careful the pleasure part of the equation does not take over completely. Get your work done first, then reward yourself with a night on the town.

CONCEPTIS SUDOKU by Dave Green

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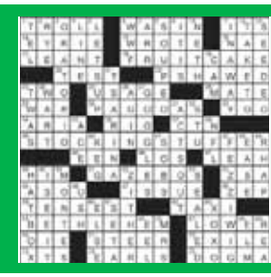

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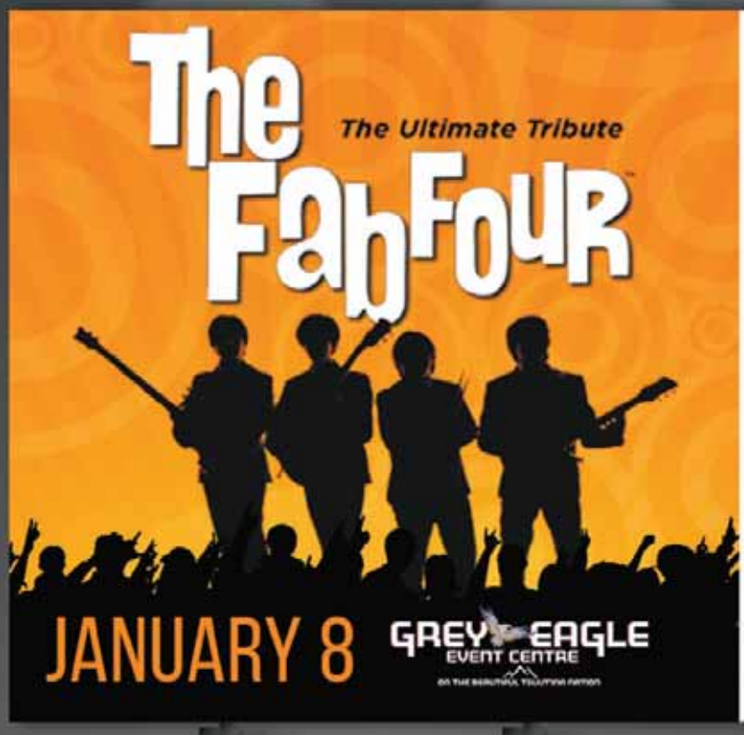

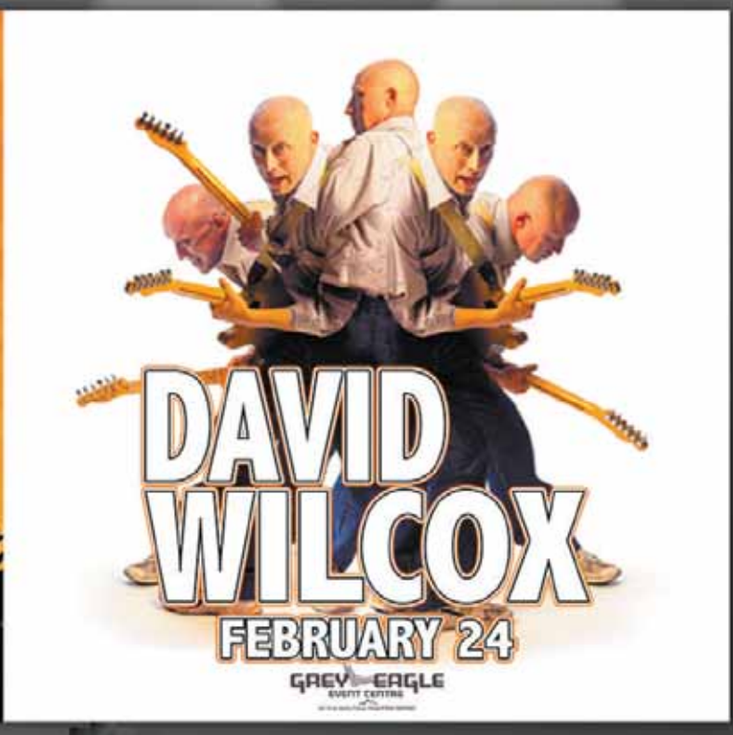

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